Affirmations For:

Depression

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Thank you for reading this book.

Destiny S. Harris

Introduction

Depression hurts people. Sometimes depression even kills people. But the saddest part of depression is how debilitating it can be for those who live with it on a day-to-day basis. It not only can mitigate the vitality within a person, but it can also destroy the dreams of even the most ambitious. Some of the closest and dearest people to me have struggled with depression most of their lives, and I dedicate this book to them. I know how powerful affirmations can be when spoken to thyself out loud. My goal of this book is to inspire and breathe life into those who feel all life within them is gone. My goal of this book is to empower those who struggle with depression often, daily, or from time to time.

If you are struggling with depression, this book is for you. If you ever have low moments, this book is for you. If you struggle with extreme highs and very low lows, this book is for you. If you hold a

desire to elevate your mental health, this book is for you. If you are ready to take control of your emotions, this book is for you. If you desire to enjoy life more than you are currently, this book is for you. If you want to better yourself, this book is for you. If you want to better your mentality, this book is for you. If you want to be more positive, this book is for you.

Disclaimer: This book is intended for personal growth and motivational purposes only. It is not a substitute for professional mental health treatment, diagnosis, or therapy. If you are struggling with depression, suicidal thoughts, or any mental health crisis, please seek help from a qualified professional or contact your local emergency services immediately.

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Acceptance

I accept who I am

I accept the situation I am currently in

I let go of harbored unforgiveness

I am an accepting person

I accept what I cannot change

I accept others as they are

I do not try to change others

I accept my past

I accept my past decisions

I accept where I am in life today

I accept me for me

I accept my flaws

I accept my less productive decisions

I accept my feelings today

I accept my dark side

I accept my worst side

I accept my good side

I accept my best side

I accept me

I accept others for who they are

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Accepting Feelings

I accept the feelings I have

I am not trying to change my feelings

I accept my feelings & let them go of negative ones

I accept when I am in a low mood

I do not try to rush through low moods

I accept negative thoughts and let them go

I accept any negative energy I have and let it go

I accept sad feelings and let them pass

I accept feelings of anger but don't react negatively

I accept feelings of jealousy and act productively

I accept depressing feelings but keep it moving

I accept feelings of hurt when I have them

I deal with and take time to understand my feelings

I do not deny my feelings

I acknowledge my feelings

I know that my feelings are valid

I know that my feelings matter

I know that my feelings are worth being heard

I accept the feelings of others

I do not live my life by my feelings

Today's Date: _____

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Adaptable

I am open-minded

I am flexible

I am ever-changing

I am agile

I go with the flow

I am not immovable

I keep it moving

It's okay to change my mind

It's okay to be different

I am secure with myself

I have a high self-esteem

I am confident

I am versatile

I am accommodating

I am cooperative

I am easy-going

I compromise in the right situations

I am not prideful

I am giving

I am self-less

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Addiction

I value my health

I value my life

I value my relationships

I am valued

I am loved

I am loveable

I am loving

I am kind

I am patient with myself

I utilize positive outlets when I'm feeling low

I utilize positive outlets when I'm stressed

I utilize positive outlets when I'm angry

I am in control of my behaviors

I am control of my habits

I maintain healthy and productive habits

I am resilient

I am independent

I am a winner

I am determined

I am wise

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Afraid

I am fearless

I do not live in fear

I am not timid

I am confident

I am secure

I am bold

I am a risk-taker

I take leaps of faith

I am courageous

I am not driven by fear

I do not make decisions out of insecurity

I am assertive

I am mentally strong

I follow through on commitments

I am strong

I am not driven by weakness

I do not fear success

I do not fear failure

I conquer all of my fears

I am not afraid

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Alone

I am supported

I am not alone

I am happy

I am friendly

I am not abandoned

I am sociable

I am accepted

I am content

I am in love with myself

I am cheerful

I am popular

I am loved

I am agreeable

I am amiable

I am warm

I am pleasant

I am humorous

I am loving

I am enjoying time with myself

I am experiencing quality relationships

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Anger

I do not deny feelings of anger

I am calm

I do not act of anger

I do not make rash decisions when I am angry

I am serene

I am peaceful

I am patient

I am understanding

I am kind

I am open-minded

I let go of my ego

I am not defensive

I am receptive

I am slow to anger

I am respectful

I am wise

I am tranquil

I am inner-directed

I am not controlled by external circumstances

I do not let others' words negatively affect me

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Animals

If you aren't allergic, and you can handle the responsibility, consider getting an emotional support animal; this includes fish, hamsters, gerbils, snails, turtles, birds, snakes, dogs, cats, or whichever animal you fancy that you can legally care for.

Animals have a special way of calming the soul and providing an unconditional, supportive, and non-judgmental type of love that humans can thrive off of.

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Animosity

I let go of all negative feelings

I do not hold onto negativity

I do not stay in unhealthy relationships

I surround myself with positivity

I am doing the work required to grow

I have a positive spirit

I do not act out of anger

I do not act out of hostility

I deal with my pain

I heal from my pain

I do not ignore or bury hurt feelings

I deal with hurt feelings

I have a peaceful soul

I am still

My mind and heart are forgiving

My soul is beautiful

I forgive others for any pain they caused me

I forgive myself for any pain I caused to others

I forgive myself for any damage I caused myself

I am a calm person

I am patient

I am slow to anger

I maintain emotional stability

I maintain elevated levels of emotional maturity

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Anxiety

I am calm

I am tranquil

I am serene

I am still

I am fearless

I am bold

I am confident

I am peaceful

I am emotionally stable

I am in control of my thoughts

I am in control of my mind

I am in control of my emotions

I am in control of my decisions

I am mentally healthy

I am utilizing positive outlets to stay positive

I am optimistic

I am taking time to breathe

I am taking time to be still

I am not subject to fear

I am mentally strong

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Apathy

I feel

I am not numb to my emotions

I am not numb to life

I am not numb in my relationships

I care about people

I feel passion for things and people I care about

I find ways to inspire others

I am lighthearted

I feel everything

I have a purpose in life

I am living out my purpose

I am experiencing my dreams as my reality

I am thankful to be alive

I am bright

I am happy

I am blessed

I am high on life

I am in tune with myself

I know myself

My heart is filled with self-love

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Aromatherapy

The scents of aromatherapy can heal your mind, soul, spirit, and body.

If you don't have one already, pick up a diffuser today from the store or order one online. Then pick out a few of your favorite essential oils. If you get the essential oils in the store, take time to smell them to see which ones you fancy most.

Once you determine your favorite oils, try mixing some of them. You can also look up essential oil blends online to try in your diffuser.

There are essential oils that are good for every type of feeling and mood. Depending on how you feel will determine which essential oils impact you the most.

If you're not into diffusers, try aromatherapy lotions, bath salts, soaps, lotions, or incense.

Whatever tickles your fancy, just try it. Aromatherapy is an excellent way to help manage your emotional well-being.

Blues Relief Essential Oil Blend:

Clove essential oil - 5 drops

Orange essential oil - 5 drops

Lemon essential oil - 5 drops

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Assertive

I am confident

I am assertive

I am not easily persuaded

I make up my own opinion

I do not let others make decisions for me

I speak up when necessary

I dominate conversations when necessary

I do not let the opinions of others define me

I am myself

I am bold

I am empowered

I am mentally strong

I can hold my own

I am valuable

I am not a pushover

I stand up for others when I feel it necessary

I make wise decisions

I am a quick thinker

I am a leader

I am sure of myself

I am the driver of my life

I am focused

I am fearless

I am persuasive

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Attention-Seeking

I am not dependent on what others think of me

I validate myself

I am secure within myself

I am self-confident

I have a high self-esteem

I am selfless

I am secure

I am giving

I do not give flamboyantly

I do not look for praise from others

I praise myself

I am comfortable with me, myself, and I

I am a leader

I am thoughtful

I am inner-directed

I am empathetic

I love myself

I like myself

I make myself happy

I am kind

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Attitude

I have a positive attitude

I am content

I am optimistic

I smile with my eyes

I am lighthearted

Life is beautiful to me

Life is a gift to me

I have so much to be grateful for

I am high on life

I thankful I have this life to live

I am an enjoyable person to be around

I give off colorful energy

I am determined to stay positive

I believe in myself

I have a high self-worth

I encourage others to be positive

I am glad to be alive

Life is not hard for me

Life is good for me

External events do not determine my attitude

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Baths

A little bath time can't hurt. Relaxation is not only healing and empowering for your emotional well-being but also a sure way to restore vitality to your mental well-being.

Take a bath for a change, and just.....relax.

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Beautiful

I have a beautiful soul

I am a beautiful person

I have a beautiful heart

I am unique

I am kind

I am healthy

I take care of myself

I am confident

I am a looker

I am alluring

I am illuminating

I am captivating

I am interesting

I am fun to be around

I am a light

I am happy

I am a positive spirit

I am fun to converse with

My energy is optimistic

I am a good-hearted person

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Bitterness

I am free of distress

I do not harbor negative feelings

I do not hold onto the past

I do not hold things against others

I do not hold past events over others

I quickly let go of wrong others did to me

I forgive others quickly

I am resilient

I keep it moving

I am a kind person

I live without regrets

I live in the present

I am a content person

I have peace within my soul

I live fully

I love fully

I don't live in the past

I focus on what is here and now

I do not let the past hold me back

I do not let what others did to me hold me back

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Body Love

I love the way I look

I love who I am

I love who I am becoming

I am in love with myself

I am comfortable with who I am

I am constantly improving

I am comfortable being myself

I am not ashamed of my body

I am not ashamed of who I am

I am not ashamed to be myself

I do not live in regret

I forgive myself for anything I am holding onto

I do not live in the past

I engage in healthy behaviors

I prioritize self-care

I have high self-value

I lead a healthy lifestyle

I put myself first

I am happy with where I am in life

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Change

I have the power to change my life

I have can make new decisions

I can implement changes to improve upon myself

I am confident

I am decisive

I am a decision-maker

I am open to change

I am open-minded

I know how to compromise

I am adapting

I am flexible

I listen to the opinions of others

I am comfortable with change

I do not resist change

I let go of things when I need to

I let go of people when I need to

I let go of old and unproductive habits

I let go of harmful habits

I let go of old ways of thinking

I let go of negative thinking

I choose to be optimistic

I choose to be open to good change

I accept good change willingly

I can do what is best for me

I accept others for who they are

I accept the things I cannot change

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Confidence

I am confident

I am assertive

I am bold

I am fearless

I have a beautiful and robust presence

I make others feel comfortable

I never back down

I have strong boundaries

I do not let others run over me

I do not let others use me

I do not use others

I am genuine

I am not afraid to show others who I am

I am secure

I am very comfortable in my skin

I am a leader

I am not a follower

I am a great listener

I speak up for myself

I speak up for those who can't speak up

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Contentment

I accept who I am

I accept who I was

I accept where I have been

I accept where I am going

I am thankful for my life

I am thankful for everything in my life

I am grateful for everyone in my life

I am appreciative for life itself

I am at peace

I am content with who I am

I am content with who I am developing into

I am a peaceful spirit

My mind is still

My mind is serene

I am satisfied with my life

I take the necessary actions to be content

I make healthy decisions

I do not chase after unnecessary things

I'm not addicted to having things that don't matter

I am content

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Creativity

I am creative

I love to explore

I enjoy learning new things

I am a genius

I am intelligent

I am smart

I am inspirational

I am a visionary

I am inventive

I am special

I am open-minded

I am different

I am unique

I have beauty within me

I have unlimited creative potential

I have a beautiful mind

I have a brilliant imagination

I am creative in my own way

I define what creative is for me

I continuously tap into my creative potential

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Dance

Even if you suck at it, take a moment to dance every now then (if you don't already). Let yourself be free and think of nothing aside from dancing in the moment. Put on your favorite songs and be happy, silly, and beautiful. Dance.

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Death

I make the most of the present

I am living each day without regrets

I do not wait to live my life

I do not wait to find meaning in life

I do not wait to make a positive impact on others

I live to give

I am doing the things I want to do

I am living out my dreams

My life is worth living

I am comforting to others when they lose someone

I am comforting to myself when I lose someone

I am emotionally available

I value the lives of others

I do not make harmful decisions

I am thankful for the life I have to live

I am living out each of my days

I am grateful to be alive

I find gratitude in all things

I am not living an uneventful and tedious life

I do not fear death

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Depression

I am free of depression

I let go of depressing feelings

I let go of gloomy thoughts

I let go of poor habits

I engage in activities that add happiness to my life

I let go of negative feelings

I am choosing to have a great day

I am going be an encouragement to someone else

I am going to show kindness to someone else

I speak positively over my life today

I am choosing to be grateful for all of the good

I am thankful to be alive

I am grateful that I can breathe

I am appreciative for everything good in my life

I am going to be positive throughout today

I am choosing optimism even if I don't feel it

I am going to find something to laugh at today

I am going to do something fun today

I am trying something new today

I am going to be my best self today

Today's Date: _____

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Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Emotions

I do not live my life by how I feel

I do not let my emotions rule me

I take control of my emotional well-being

I am not emotionally unstable

I keep my feelings in check

I do not live my life without direction

I am not an overly sensitive person

I am emotionally available

I am emotionally healthy

I do not misuse my emotions

I replace negative sentiments with positive ones

I release negative emotions towards others

I release negative attitudes towards my past

I release negative emotions towards myself

I am kind to myself and others

I do not over-invest emotionally

I don't let others take advantage of me emotionally

I am emotionally strong

I maintain emotional balance

I am emotionally sound

Today's Date: _____

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Empathy

I have empathy for me

I have compassion for others

I am caring towards myself

I am caring towards others

I do not let my ego get in the way of feeling

I am a caring person

I am an understanding person

I am a good-hearted person

I am a thoughtful person

I show the people I care about that I care for them

I give to others

I am giving

I am loving

I love myself

I have a deep capacity to love others

I have a big heart

I do meaningful acts of kindness for others

I am present for others when they need me

I am present for myself when I need me

I am empathetic

Today's Date: _____

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Exhaustion

I get regular sleep

I am on a sleep schedule

I take regular breaks to breathe throughout the day

I find ways to have more quality sleep

I am gentle with myself

I am engaged in activities that give me vitality

I surround myself with lively people

My life is fun

My work is meaningful

-

I am energetic

I am filled with energy

I wake up thankful to be alive

I have high quality sleep

I sleep peacefully

I have beautiful dreams

I sleep on a quality bed

I sleep on clean sheets

I wake up well rested

I always go to bed peacefully

I let go of negative feelings before I sleep

I go to sleep stress-free

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Flexible

I am flexible

I am adaptable

I am mutable

I am transformative

I am open-minded

I am accepting

I am constantly learning

I am constantly growing

I am always evolving

I am patient when plans change

I am okay when plans are canceled

I am okay when things don't go my way

I am ever-changing

I go with the flow

I am not immovable

I keep it moving

It's okay to change my mind

It's okay to be different

I compromise

I am accommodating

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Forgiveness

I do not harbor unforgiveness

I do not hold things over people

I do not hold the past against people

I do not consistently bring up the past

I am a forgiving person

I am a loving person

I live in the present

I live in the moment

I let go of past hurts

I let go of unhealthy relationships

I do not let others continue to hurt me

I do not allow myself to hurt others

I do not allow myself to inflict self-harm

I am valuable

My sanity is valuable

I do not let others use me

I am kind to others when they aren't kind to me

I am a good-hearted person

I repay good for evil

I am not vengeful

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Friendship

I am a quality friend

I have quality friends

I take time to learn who people are

I take the time to listen to others

I have healthy boundaries

I am giving

I am open-minded

I love myself

I care for myself

I am capable of loving others

I am capable of caring for others

I am friendly

I am kind

I am genuine

I am a quality friend to others

I invest in positive friendships

I am honest in my friendships

I maintain healthy boundaries in my friendships

I do not isolate myself from having relationships

I value harmony in my life

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Fun

I know how to have fun

I am a fun person to be around

I make it a habit to have fun consistently

I hang around people that have healthy fun

I have fun hobbies

I am ecstatic about life

I am energetic

I am high on life

I enjoy living

I am lighthearted

I am refreshed

I am youthful

I am magnetic

I am invigorated

I am a ball of energy

I productively make good use of my time

I do not feel guilty when I have fun

I stay present when I am having fun

I do not sabotage fun moments

I am maximizing my time on this earth

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Giving

I think of others, not only myself

I am giving

I enjoy giving to others

I do not hoard *things*

I give away stuff that I do not use

I find ways to demonstrate kindness to others

I am selfless

I am thoughtful

I am considerate

I am comfortable with giving

I invest in the well-being of others

I am a giver

I reciprocate kindness

I accept kindness

I am not too proud to give

I am not too proud to receive

I enjoy being a blessing to others

I enjoy helping others in need

I enjoy making others happy

I enjoy being kind

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Goals

I have goals

I have a clear direction for my life

I know what my purpose is

I write down my goals consistently

I review my goals daily

I have a meaningful life

I am goal-oriented

I am productive with my time

I am maximizing my time on earth

I value my life

I value my goals

I take my goals seriously

I never give up on my goals

I attack my goals head-on

I work on my goals daily

I am a person with clarity for their life

I am a purpose-driven individual

I am ambitious

I am passionate about my goals

I am accomplishing everything I set out to

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Gratitude

I am filled with gratitude

I choose to be grateful

I am thankful for my life

I am thankful for my experiences

I am thankful for who I am becoming

I am thankful for who I am today

I consistently find things to be grateful for

I consistently find people to be grateful for

I consistently find beauty throughout my days

I find the positive in everyday life

I am grateful for my past

I am grateful for my present

I am grateful for my future

I am grateful I can breathe

I am grateful I can read

I am grateful I can think

I am grateful I am alive

I am grateful for my relationships

I am grateful for my home

I am grateful for the food I have

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Grief

I deal with grief head-on

I do not suffocate myself in grief

I release my feelings

I convey my emotions

I convey my feelings

I am emotionally honest

I recover from grief in my own time

I don't establish unhealthy behaviors when I grieve

I engage in healthy habits while I grieve

I remember the happy moments of those I lose

I make the most of my relationships

I let people know how I feel before it's too late

I accept support when I grieve

I do not try to handle grief on my own

I am thankful for life

I let go of others when I need to

I engage in healthy therapeutic activities

I am kind to myself during recovering situations

I am gentle with myself during times of grief

I am gentle with others during their times of grief

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Guilt

I live without guilt

I live without regret

I live in forgiveness

I forgive others

I forgive myself

I do not pair guilt with working

I do not pair guilt with eating

I do not pair guilt with having fun

I do not pair guilt with being honest

I do not pair guilt with maintaining boundaries

I am a guilt-free person

I do not make others feel guilty

I do not let others make me feel guilty

I do not let others' harm instill guilt within me

I am emotionally well

I am mentally well

I run with the healthy decisions I make

I deal with my past, so it doesn't affect my present

I do not feel guilty reinforcing my boundaries

I am choosing to live without any guilt

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Happiness

I am happy

I am delighted with life

I am warm-hearted

I am kind

I am self-less

I am giving

I am thoughtful

I am destined for greatness

I am positive

I am optimistic

I am awesome

I am amazing

I am excited

I am a ray of sunshine

I am encouraging to others

I am a positive light to others

I am a beautiful spirit

I am a beautiful soul

I am content with myself and my life

I am present

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Health

I value my holistic health

I am mentally healthy

I am emotionally healthy

I am mentally healthy

I am physically healthy

I am spiritually healthy

I exercise regularly

I get fresh air regularly

I take time to breathe regularly

I stretch regularly

I laugh often

I sweat and release toxins often

I regularly intake quality and healthy foods

I stay hydrated

I do not harm any part of my health

I value my internal and external health

I go to the doctor and dentist regularly

I get blood work done regularly

I eat vegetables regularly

I invest in my self-care

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Helpless

I am not powerless

I have the power to make productive decisions

I am decisive

I am a quick decision-maker

I am a clear thinker

I am a problem solver

I am confident

I am mentally healthy

I am calm

I do not let others control me

I am in charge of my decisions

I make decisions for myself

I am wise

I can help myself

I do not depend on others

I am independent

I am more than good enough

I am secure within myself

I am a leader

I am strong

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Hobbies

I engage in healthy behaviors

I have positive outlets

I have multiple hobbies

I do positive, healthy, and fun activities

I am not bored with life

I find time to have fun

I push myself to get out of my comfort zone

I find ways to laugh

I watch comedies

I laugh consistently

I smile consistently

I find ways to be happy

I find ways to make others happy

I enjoy making others laugh

I enjoy having fun

I am interesting

I do fascinating things

I learn new intriguing facts daily

I know how to have fun

I get out of my house even when I don't feel like it

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Jealousy

I am happy for others

I enjoy witnessing the success of others

I give to others often

I love seeing others do well in life

I am successful

I improve areas in my life I'm unsatisfied with

I only wish good on others

I have a big heart

I am amiable

I speak positively over others

I care about others

I am self-less

I am kind

I have a beautiful soul

I have a positive mind

I have an optimistic view of life

I help others on their journey to success

I am a genuine person

I speak positively over others

I repay kindness with unkindness

I am content with where I am in life

I am content with who I am

I am content with what I have

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Journal

Each day brings new thoughts, feelings, ideas, events, and moments of insight. At times, talking to others doesn't work as well as journaling the thoughts you have on any particular day. Take a moment to implement the habit of journaling your thoughts and feelings. You will most likely feel lighter, more in-tune with yourself, mentally clear, more fulfilled, and you might even start writing down some new goals and ideas you want to embark upon. Start today!

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Laugh

I laugh regularly

I look for the humor in things

I laugh at myself

I laugh with others about myself

I replace embarrassment with laughter

I am egoless

I engage in activities that make me laugh

I surround myself with people who make me laugh

I smile daily

I look for the humor in the little nuisances

I dance, I laugh, I smile

I am comfortable being happy

I don't take extended vacations from laughter

I don't take extended vacations from smiling

I release all bitterness

I release all unforgiveness

I release all the pain and hurt inside of me

I release myself to have fun

I choose joy

I choose to live a vibrant life

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Lighthearted

I let go of things easily

I forgive easily

I do not live in the past

I live in the present moment

I am relaxed

I am free of ego

I am okay with making mistakes

I live my life with humility

I am carefree

I am a problem solver

I am free

I am easy

I am mutable

I do not let circumstances take my joy

I have a joyful spirit

I have a content demeanor

I am lighthearted

I am okay with who I am

I accept others for who they are

I make the most of everything that happens to me

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Lonely

I am supported

I am not alone

I am happy

I am friendly

I am not abandoned

I am sociable

I am accepted

I am content

I am in love with myself

I am cheerful

I am popular

I am loved

I am agreeable

I am amiable

I am warm

I am pleasant

I am humorous

I am loving

I enjoy spending time with myself

I am experiencing quality relationships

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Lost Dreams

When I have a dream, I act on it

I do not let others belittle my dreams

I do not belittle my dreams

I do not let others use me up

I do not get distracted from working on my dreams

I consistently prioritize my dreams

I am not letting go of my dreams

I am optimistic that I can accomplish my goals

I set goals consistently

I review my goals daily

I let go of pessimism

I let go of negative thinking

I am not overly critical of myself

I do not destroy my dreams

I value my time and cherish every moment

I am productive with the time I am given

I constantly think of new ideas to fuel my dreams

I live without regret

I am not giving up on my dreams

I know I accomplish anything I set out to

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Low Moments

I know that low moments will come

I am okay with feeling low at times

I choose to look on the bright side

I do not try to force away my low feelings

I choose optimism

I am engaging in positive activities today

I am grateful for life

I am grateful I woke up today

I choose to live a life filled with gratitude

I choose to be content

I do not let my emotions run my life

I am aware of how I feel at each moment

Each day my best will be different

I accept my low moments

I accept my high moments

I choose to maintain a positive attitude

I choose to be my most optimistic self

I choose to love myself during low moments

I am kind to others during my low moments

I am loving to myself at every emotional phase

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Mental Health

I am mentally healthy

I am mentally stable

I am mentally aware

I am mentally strong

I am mentally capable of whatever I commit to

I am intelligent

I am smart

I am wise

I am resilient

I am determined

I am a positive thinker

I value my mental health

I engage in regular exercise

I have regular doctor and dental visits

I maintain an overall nutritious diet

I stay hydrated throughout the day

I read positive books

I maintain positive relationships

I maintain healthy habits

I make positive and productive decisions

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Music

A simple change in your environment can change your mood for the better. A simple change, like playing music, can improve your mood. When you feel low, play some music. There is a plethora of genres, which means there is always one genre of music that can help make you feel better or help you get through whatever you are feeling at any given moment.

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Narcissistic

I think of others

I am considerate of others

I consider the feelings of others

I am a polite person

I am selfless

I demonstrate that I care about others

I do not think of myself alone

I compromise

I am open to the ideas of others

I find ways to be helpful to others

I find five things to be grateful for daily

I am loving towards others

I surprise others with acts of kindness

I do not give with strings attached

I demonstrate my love to others

I am humble

I have a big heart

I am always helping others

I remember that other people matter

I realize that other people are invaluable

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Negativity

I choose to be my most optimistic self

I choose to be positive even when it's difficult

I am a positive person

I maintain a positive mindset

I consistently think positive

I habitually think positive

I am an encouragement to myself

I am an encouragement to others

I am enjoyable to be around

I look for the positive in everything I can

Each day is a new day for me to be optimistic

I look for the positive in all things

Wherever I go today, I will be positive

Whatever I'm doing today, I will be positive

I look for the positive in people

I look for the positive in my circumstances

I replace negative thoughts with positive thoughts

I have few negative emotions

I focus on what I want and not what I do not want

I am a problem solver

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Obesity

I love me!

I am a healthy weight

I choose to make healthy choices with food

I am not addicted to food

I am not addicted to sugary drinks

I am not addicted to overeating

I am not addicted to sweets

I am not addicted to fast food

I am not an emotional eater

I am not a stress eater

I thrive when I eat healthily

I easily maintain a healthy weight

I stay on track health-wise

I am self-motivated and self-disciplined

I am determined

I am focused

I see myself at a healthy weight

I value my body

I value my health

I value my external appearance

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Optimism

I am optimistic

I am a positive thinker

I am fearless

I am confident

I maintain a positive mindset

I choose to look on the bright side

I look for the positive in people

I speak positively over my family

I speak positively over my partner

I speak positively over my friends

I speak positively over myself

I am relentlessly positive

I am an encouraging soul

I have a friendly personality

I enjoy meeting new people

I enjoy learning new things

I take on new challenges

I believe in myself

I believe in others

I can do anything I put my mind to

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Personal Time

I take time for myself

I take vacations regularly

I getaway to relax my mind, body, spirit, and soul

I am okay with being with myself

I do not let everyone take up all of my time

I maintain healthy boundaries regarding my time

I am okay with saying, "no."

I do not overbook myself

I do not overcommit

I maintain a self-care regimen

I am relaxed

I am free of stress

I am happy

I am content

I am free of anxiety

I am healthy

I am balanced

I maintain balance in all areas of my life

I am okay with not being everywhere all at once

I am okay with disconnecting from electronics

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Perspective

Perspective is everything. How you view situations, people, and circumstances can impact your life significantly.

I maintain a positive perspective in relationships
I maintain a favorable outlook in circumstances
I maintain a positive attitude at work
I maintain a positive outlook at home
I am patient with others
I am patient with myself
I am a positive thinker
I am a positive person
I am filled with optimism and hope
I enjoy being happy
I am content
I am filled with gratitude
I am thankful to be alive
I expect the best outcomes
I expect to receive the best from others
I do not let others bring me down
I am comfortable being optimistic and positive

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Pessimism

I am optimistic

I am a positive individual

I am an encouraging person

I am encouraging to others

I am light-hearted

I maintain a positive attitude

I am a light to others

I am happy

I am blessed

I look for the good in everything

I am excited to be alive

I realize that life is a gift

I am favored

I live a meaningful life

I remove pessimistic thinking from my life

I am on top

I am a winner

I am a champion

I think with a positive disposition

I am hopeful

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Positive

I am a light to others

I encourage not only myself but others

I am giving

I maintain a definite faith in myself and others

I expect good from others

I expect positive outcomes

Things go my way

I think positively

I habitually think positively

I am an enlightened soul

I cherish my life

I love my life

I love others

I love myself

I am gentle to myself

I am forgiving to myself and others

People enjoy being around me

I am fun to hang out with

I lift myself and others up

I never stay down for long

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Positive Outlets

I have many positive outlets

I have many productive outlets

I have many fun hobbies

I have many healthy hobbies

I have many healthy relationships

When I feel depressed, I choose to be positive

When I feel low, I choose to be productive

When I'm sad, I choose to be with positive people

I am not led astray by negative habits

I focus on implementing new habits daily

I focus on implementing productive habits daily

I know that my life is meaningful

I know that my future is bright

I know that my choices now determine my future

I know that my decisions are critical

I value my life

I value my future

I value my health

I do not give into to negative pressures

I am mentally strong and assertive

Today's Date: _____

Section: My Thoughts Are Just My Thoughts

Today I feel:

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Section: My Personal Affirmations for Today

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Positive Surroundings

I surround myself with positive people

I make my home my happy place

I get rid of things that do not make me happy

I have positive relationships

I consistently invest in positive relationships

I am a positive person to be around

I am an optimistic person

I surround myself with optimistic people

My home is filled with positive energy

My home is filled with things that make me happy

My workspace is filled things that make me happy

I feel comfortable around positive people

I repel negative people and relationships

I choose happiness

I choose contentment

I choose gratitude

I am grateful for the positive people in my life

I encourage others to be positive

I choose to stay in positive surroundings

I choose to leave negative surroundings

Today's Date: _____

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Pride

I have a healthy sense of pride

I am not too proud to receive help

I am not too proud to admit when I am wrong

I am not too proud to improve

I am not too proud to admit when I need help

I let go of being overly prideful

I don't let ego harm my relationships

I am not egotistical

I am humble

I am open-minded

I do not force my opinion on others

I am selfless

I am considerate of others

I see others as equal

I am comfortable giving my opinion in moderation

I actively listen to others when they speak to me

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I take pride in my appearance

I take pride in my health

I take pride in how I treat myself

Today's Date: _____

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Productive

I am productive with my time

I maximize each hour and minute of my day

I am ambitious

I am a goal-setter

I am goal-oriented

I am a go-getter

I am an active dreamer

I am organized

I am focused

I am driven

I am passionate about my goals and dreams

I consistently have productive days

I am excited to get my day started

I am thankful to be alive

I plan my weeks and days in advance

I have structure in my life

I follow through on my commitments

I balance work and life

I take breaks as needed

I avoid burnout

Today's Date: _____

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Purpose

I am living on purpose

I am a leader

I make productive decisions

My future is bright

I am making purposeful decisions

I am living an intentional life

I am decisive

I am certain

I am who I am

I am good enough

I am enjoying my life

I am doing things I want to do

I am learning who I am

I am on a positive life journey

I am focused

I am happy

I am content

I am beautiful the way I am

I am living each of my days productively

I am enjoying self-discovery

Today's Date: _____

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Regret

I live without regrets

I forgive myself for any time I wasted

I forgive myself of every unproductive decision

I let go of opportunities I didn't take advantage of

I let go of regret

I let go of the pain

I let go of any harm that was done to me

I let go of the hurt that I felt from others

I am living my life on purpose

I choose to live today

I choose to focus on the present

I have a bright present and future

I consistently make healthy decisions

I consistently make productive decisions

I live life at full potential from this day forward

I am a quick decision-maker

I do not live in the past

I focus on the present moment

I am consistently improving each day

My life is only getting better from this moment

Today's Date: _____

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Relationships

I do not stay in unhealthy relationships

I enjoy being in healthy drama-free relationships

I enjoy being happy

I enjoy being treated fairly

I enjoy being respected

I respect myself

I value myself

I love myself

I am capable of loving others

I respect others

I value others

I treat others kindly

I learn what a healthy relationship looks like

There is balance in my relationships

My relationships are honest and genuine

My relationships are filled with kindness

My relationships add value to my life

I am thankful for my relationships

I never compromise who I am for a relationship

I let go of unhealthy relationships

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Section: Be Action-Oriented

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Sabotage

I let others enjoy excellent opportunities

I allow myself to appreciate good people

I allow myself to be loved

I allow myself to be successful

I allow myself to lead a fun and healthy life

I allow myself to look my best

I am comfortable with success

I am comfortable being healthy

I am comfortable taking care of myself

I am independent

I am secure within myself

I take advantage of once in a lifetime opportunities

I live without regrets

I show gratitude to others

I am grateful for my life

I am thoughtful of others

I am gentle to others

I look out for others

I want what is best for myself

I want what is best for others

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Sadness

I understand it is okay to feel sadness

I take the time to grieve people and situations

I do not stay unproductive in my sadness

I accept feelings of sadness

I do not force myself to stop feeling

I acknowledge feelings of sadness

I comfort myself during times of sadness

I let others comfort me when I am feeling sad

I am gentle to my soul

I am gentle to myself

I invest time into taking care of myself

I value my feelings

I value the feelings of others

I take time to appreciate people

I take time to appreciate my health

I am a grateful person

I am kind to myself and others

I surround myself with encouraging people

I surround myself with positive people

I am choosing not to let sadness take over my life

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Self-Care

I value myself

I take care of my mental health

I take care of my physical health

I take care of my spiritual health

I take care of my emotional health

I take care of my financial health

I educate myself consistently

I learn new information daily

I do not postpone regular doctor appointments

I do not avoid taking care of myself

I do not wait for others to take care of me

I am independent

I am not dependent on others

I love who I am

I love who I am becoming

I pamper myself

I consistently eat healthily

I avoid addictions to unhealthy people

I avoid addiction to harmful substances and food

I avoid addiction to unhealthy habits

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Self-Esteem

I have a high self-esteem

I am self-confident

I am assertive

I believe in myself

I believe I am doing great things

I am proud of myself

I love myself

I invest in my self-care

I always take care of me

I do not let others bring me down

I never let others mistreat me

I am valuable

I am priceless

I am special

I am to be treated with respect

I am worthy of good in my life

I deserve healthy and quality relationships

I deserve quality opportunities

I deserve good in my life

I am my number one fan

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Self-Growth

I am vested in my personal growth

I love who I am

I love who I am becoming

I take time to learn new things daily

I take time to improve upon who I was yesterday

I am excited to learn

I am elated about new challenges

I am passionate about my life journey

I listen to positive podcasts

I read positive books

I deal with uncomfortable wounds

I desire to be better

I desire to grow

I desire to improve

I stay out of my comfort zone

I maximize the life I have been given

I am not who I was yesterday

I am on a memorable and meaningful life journey

I invest in others

I share new information I learn with others

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Self-Harm

I never harm myself

I never harm others

I love myself

I care about my life

I want to be alive

I am thankful to be alive

I know that I am priceless

I am special

I am unique

There is only **one** me

I seek help immediately if I want to hurt myself

I have a healthy and reliable support system

I do not do life alone

I have healthy people surrounding me

My life is worth living

I have extraordinary relationships

I have an extraordinary life to lead

I have so many dreams I want to accomplish

I'm never giving up on myself

I will always believe in myself

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Self-Love

I love myself

I do not depend on others to love me

I am more than good enough

I take care of myself

I take care of my internal health

I take care of my external appearance

I take care of my soul and my spiritual health

I am in love with myself

I do not let others take advantage of me

I maintain healthy boundaries

I am compassionate towards myself

I am loving towards myself

I can love others because I love myself

I place a high value on myself

I do not let others repeatedly disrespect me

I make decisions I am comfortable with

I am my number one fan

I am encouraging and gentle with myself

I speak positively about myself

I do not look for others to validate me

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Self-Pity

I accept what has happened to me

I accept my past

I accept my life now

I do not drag sadness into my present

I let go of the unfortunate events in my past life

I do not look for others to pity me

I am strong

I am capable

I am independent

I keep it moving

I am resilient

I am agile

I am proud of who I am

I am proud of where I am going

I make the most of all I have now

I am the driver of my life

I change what I do not like in my life

I improve what is lacking in my life

I do not neglect any areas of my life

I live in freedom

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Social Media

I am genuine

I invest in healthy relationships

I invest in authentic relationships

I enjoy in-person relationships

I know how to communicate in-person

I establish my own identity

I do not conform to society

I set healthy boundaries with social media

I utilize social media efficiently

I manage my time wisely

I use social media in balance

I don't center my identity around social media

I am not addicted to social media

I am happy for what others have

I do not mold my life to the lives of others

I make my own decisions

I can think for myself

I take breaks from social media when needed

I do not base my confidence from social media

I am happy with who I am

Today's Date: _____

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Speak Up

I stand up for myself

I am assertive

I am confident

My opinion is worthy of being heard

I am seen

I am cherished

I am valuable

I am not stepped on

I am likable

I am favored

I am articulate

I am well-spoken

I am eloquent

I am intelligent

I am smart

I am emotionally healthy

I am mentally healthy

I am fearless

I am comfortable in my skin

I do not step on others to make my voice heard

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Suicide

My life is valuable

I am valuable

My life is worth living

I am mentally stable

I am emotionally stable

I am physically stable

I have a healthy relationship with myself

I am taking the time to find meaning in my life

I have many healthy hobbies I engage in

I am an active participant in my life

I have healthy relationships

I participate in fun activities

My life is interesting

I am fearless

I am dealing with any feelings of hurt

I am dealing with any attitude of unforgiveness

I accept who I am

I am living my life successfully

I love me

I care about me

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Sympathy

I show sympathy to others

I show kindness to myself

I am compassionate

I am caring

I am kind to myself and others

I am thoughtful

I am considerate

I am open-minded

I am giving

I am loving

I am lovable

I am loved

I am self-less

I am sincere

I am sympathetic

I can receive love

I love myself deeply

I am capable of loving others

I am forgiving towards myself and others

I find opportunities to do acts of kindness

Today's Date: _____

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Therapy

Do you have feelings and thoughts that have not been dealt with? Do you need someone with an unbiased ear to listen to everything you have been holding in? Life is not meant to be lived with bottled up thoughts and emotions. It is essential that you communicate so you can consistently improve your well-being. If you haven't considered it, consider going to therapy; it is now offered online and over the phone to fit a more diverse set of needs and preferences. If you need to talk (or maybe you feel you don't need to talk), try therapy. It always heals the soul; though it may be an uncomfortable healing process, you will come out stronger than you were before you started.

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Triggers

When I feel stress, I take a moment to breathe

When I feel depressed, I release the feelings

When I feel overwhelmed, I reach out for support

When I feel frustrated, I take a step back

I avoid unhealthy behaviors

I avoid establishing unhealthy habits

I avoid building unhealthy relationships

I avoid being in negative surroundings

I do not place myself in compromising situations

I engage in regular exercise to help me stay sound

I have positive outlets that I regularly enjoy

I avoid giving in to negative outlets

I avoid reverting to negative behaviors

I am in control of my actions

I am in control of my decisions

I am in control of who I am becoming

I understand that every action has a consequence

I deal with my triggers and take appropriate action

I am calm and in control of my life

I implement & maintain the habit of self-discipline

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Vacation

I getaway often

I do not wait until I am worn out to take a vacation

I save in advance for getaways

I am comfortable vacationing by myself

I enjoy pampering myself

I take time to disconnect from everything

I take time to disconnect from everyone

I take time away from handling responsibilities

I invest in my mental health

I invest in my emotional health

I am worthy of a mental health break

When I am away, I have fun

When I am on vacation, I focus on the present

I don't let anything get in the way of enjoyment

I take breaks when I need to

I travel to intriguing places

I am visiting the places I have dreamed of visiting

I am happy when I take breaks

I am comfortable not working on anything

I am comfortable enjoying myself

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Volunteering

I take time to give back

I enjoy giving back

I find ways to help others

I find ways to be a blessing to others

I am comfortable giving away my time

I help out those in need

I give what I can

I find creative ways to give back

I am an excellent volunteer

I engage in volunteering when I feel depressed

I give happiness and joy to others

I know that giving will add happiness to my life

I am not focused on myself alone

I do not forget about the rest of the world

I am not a narcissist

I consistently give back to others

I habitually think of others aside from myself

I am a genuine volunteer

I am a positive volunteer

I am an encouragement and positive light to others

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Walking

Sometimes when feelings of depression come, that is the best time to get outside and take a walk. Sometimes all we need to center us back to emotional and mental balance is fresh air, a nice walk, and time with nature.

When you walk, listen to the birds, listen to the sounds of insects, and take in nature or city surrounding you. Take this time to be present, to breathe, to speak positive affirmations to yourself, and to think of all of the beautiful little and big things and people you have in your life to be grateful for.

Take a walk whenever you can as often as you can.

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Section: Be Action-Oriented

One positive behavior I can implement today is:

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Destiny S. Harris

Destiny S. Harris' ultimate goal is to positively inspire, cultivate, elevate, and educate the minds of individuals across the globe through her writing and fit lifestyle.

With over 100+ books published to date, creating (whether it is books, articles, poetry, or music) has always been Destiny's thing, not to mention health & fitness and all things entrepreneurial. Destiny published her first book, "Beauty Secrets for Girls" at age 11 and her second book, "Don't Wait Until It's Too Late" at age 12.

Destiny obtained three degrees from the University of Georgia in Psychology, Political Science, & Cultural Studies. She also started her own music teaching business at the age of 14, which she led for over ten

years. In addition, she has been teaching academic, career, and personal development topics to thousands of students and readers since 2004.

Outside of writing, Destiny loves and enjoys a few other things: bodybuilding, reading, traveling, dogs, food, classic movies, anime, mountain and ocean views, plants, and nature.

Check out her work, leave a review, share your thoughts with your friends and family, and be a part of a movement: helping people learn and grow through means of self-education (books).